EN

Touch^{ECG} Strapless Heart Rate Monitor
Model: SE338 / SE338M

USER MANUAL

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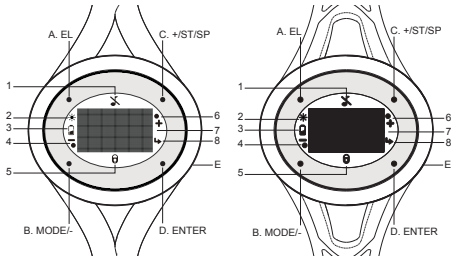
CONTROL BUTTONS / LCD DISPLAY



1. : key tone deactivated
2. : key press prompt (touch **EL**) to activate backlight
3. : low battery indicator
4. ●/▬: key press prompt (touch **MODE/-**)
5. : keypad locked
6. ●/✚:key press prompt (touch **+/ST/SP**)
7. Time; heart rate measurements; mode banners; exercise time / data
8. : key press prompt (touch **ENTER**)

A. **EL**: activate backlight

B. **MODE/-**: toggle between modes; exit current display and return to previous screen; decrease value of the setting; toggle setting options

C. **+/ST/SP**: start / stop stopwatch; increase value of the setting; toggle setting options

D. **ENTER**: enter setting mode; confirm setting; toggle through displays

E. **Bezel**: touch to measure heart rate

STARTING YOUR WATCH (FIRST TIME)

To unlock the watch from sleep mode, tap 3 times on the screen, then press and hold **EL** and **ENTER** simultaneously until display appears. The watch will prompt you to set your user profile. (Go directly to 'Set user profile' section, step 4).

IMPORTANT

- To ensure accurate calculations with your exercise, you are strongly encouraged to set the watch and user profiles before exercising.
- Remember to set the profiles after every battery replacement or reset.

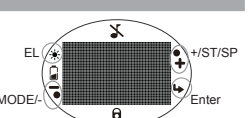
NOTE When the watch is left idle for 30 seconds during set up, it will automatically exit the setting mode and display the time.

TOUCH NAVIGATION

This watch uses TOUCH screen technology – no clumsy buttons. To navigate through functions, place finger on a circle (each circle has a different function).

KEY PRESS PROMPTS

Built-in key press prompts provide an intuitive user experience by guiding the user through settings and displays.



AUTOMATIC KEYLOCK

As watch is activated by touch, to prevent accidental key input this watch automatically locks if left idle. To unlock simply tap anywhere on the screen.

MODES

There are 4 modes. Touch **MODE/-** to toggle through the different modes.

MODE	BANNER	MAIN DISPLAY
Time (Default display)		
Exercise		
Memory		
Set up		

SET USER PROFILE

After starting the watch for the first time, the watch will prompt you to set the user profile.

For normal setting procedure:

1. Touch **MODE/-** repeatedly to select “SET”, “TIME” will be displayed shortly after.
2. Touch **+/ST/SP** repeatedly to navigate to “USER”.
3. Touch **ENTER** ↳ to enter user profile setting options.
4. Set user profile according to the following order: gender, age, weight unit, weight, height unit, height, fitness level, by touching the following:
   - **+/ST/SP** to increase value or toggle options
   - **MODE/-** to decrease value or toggle options
   - **ENTER** ↳ to confirm

“DONE” indicates user profile setting has been completed. This is only shown when setting the watch for the first time or after battery reset.

FITNESS LEVEL

The fitness level is based on your own self-assessment of how fit you are (depending on the amount of exercise you regularly perform).

FITNESS LEVEL	DESCRIPTION
BEG	Beginner – You do not usually participate in programmed recreation sports or exercise.
INT	Intermediate – You are engaged in modest physical activity (such as golfing, horseback riding, table tennis, calisthenics, bowling, weight lifting or gymnastics) 2-3 times a week, totaling 1 hour per week.
ATH	Athelete – You actively and regularly participate in heavy physical exercise (such as running, jogging, swimming, cycling, or skipping rope) or engage in vigorous aerobic exercise (such as tennis, basketball or handball).

NOTE You must enter the fitness level to calculate the calories burnt.

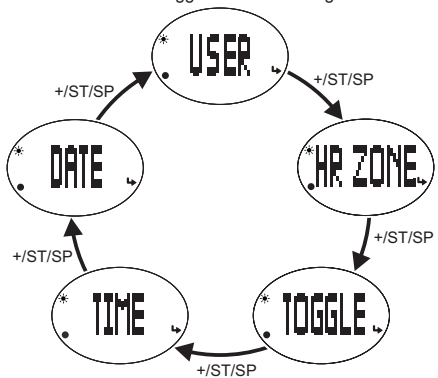
TIP The watch generates calculations based on the inputted data to show the calories burnt to help you track your progress over time. As you progress, update weight and fitness level to help the watch give you an up-to-date reflection of your physical condition.

SETTING MODE

After setting your user profile, the "USER" screen below will be shown. You can continue with the other settings by touching **+/ST/SP** repeatedly (see step 2 below).

However, if the user profile was set for the first time or after battery reset, the watch will automatically return to the default time display. Start with step 1.

1. Touch **MODE/-** repeatedly to select "SET", "TIME" will be displayed shortly after.
2. Touch **+/ST/SP** to toggle between settings.



3. Touch **ENTER** ↳ to enter into individual setting.
4. Start setting the selected option by touching the following:
   - **+/ST/SP** to increase value or toggle options
   - **MODE/-** to decrease value or toggle options
   - **ENTER** ↳ to confirm
5. Repeat steps 2-4 for all settings.

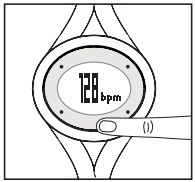
Settings	Setting options (Touch **+/ST/SP** or **MODE/-** and **ENTER** ↳ to confirm)
TIME	Hour format Hour / minute
DATE	Display format (day-month or month-day) Year Month Day
USER	Gender Age Weight unit Weight Height unit Height Activity level
HR ZONE	On / Off HR Zone range*
TOGGLE	On/Off (Enable display to auto toggle during exercise)

* For further details please refer to the “Understanding Heart Rate” section in this manual.

START EXERCISING

1. Touch **MODE/-** to select “EXE”, the stopwatch screen will be displayed shortly after.

2. Place finger on metal bezel for a few seconds to measure heart rate.
   ♥ will flash to indicate watch is detecting a heart rate reading. A number with bpm indicates measurement has been successful and recorded.
3. Touch **+/ST/SP** to start stopwatch.



IMPORTANT To record calories burnt, heart rate must be recorded.

TIP If using only stopwatch function, skip step 2 above.

NOTE The more frequent you measure your heart rate during the exercise, the more accurate calculations will be.

To record HR at any time (except in setting mode): place finger on metal bezel for a few seconds.

NOTE When taking a reading, ensure area between bezel and metal casing is dry as perspiration / liquid may affect circuitry and therefore the accuracy of the reading.

If you cannot get your heart rate reading within 10 seconds or if any unusual condition occurs during heart rate reading:

- moisten your fingertip
- make sure your fingertip is warm and steady
- do not press too hard on the metallic bezel
- make sure the metallic bezel and the back of your watch are clean

NOTE

- Heart rate measurement cannot be activated if keypad is locked or battery power is low.
- Clean the watch with a soft dry cloth.

PAUSE, RESUME / STOP

If you need to take a break during exercise, touch **+/ST/SP**.

When ready, touch **+/ST/SP** to resume exercise.

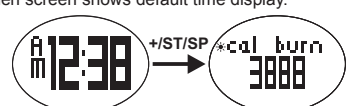
To stop exercise and save data: Touch **+/ST/SP** to pause, then touch **MODE/-**.

After a long pause, the watch will time out and automatically save the data.

UNDERSTANDING THE DISPLAYS

NORMAL CONDITIONS

To view total calories burnt since last reset: touch **+/ST/SP** when screen shows default time display.



DURING EXERCISE

To toggle between displays during exercise: touch **ENTER** ↳.

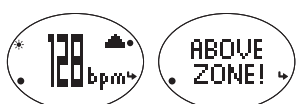
To quick exit and return to stopwatch display at any time, touch **+/ST/SP.**

TIP If 'Toggle' function has been enabled (refer to "Setting mode" section), the below 3 screens will automatically toggle.

	Exercise time
	Calories burnt (kcal)
	Time

ALERTS

This watch enables you to select a target HR zone according to your fitness goals. By setting the target HR zone and personal data, the watch can monitor how well you do. The watch will send out visual and audible alerts if you are pushing yourself too hard or need to put more effort in.



For details of HR zones, refer to "Understanding heart rate" section in this manual.

If alert has been enabled and heart rate zone has been set:

ICON	BEEP(S)	DESCRIPTION
/ ABOVE ZONE!	2	You have gone above your upper HR limit
/ BELOW ZONE!	1	You have gone below your lower HR limit

Remember, these alerts are based on a calculation of your maximum heart rate and the HR zone you selected. As such, it is an estimation and is only for guidance. If you feel you are working too hard, most likely you are. Adjust the HR zone to one that works for you.

UNDERSTANDING HEART RATE

HEART RATE ZONES AND EXERCISE

Heart rate is an indicator of the intensity of the exercise on your body. It is a useful tool for determining how effective a work-out is.

This watch uses an estimation of your maximum heart rate (220 - age = MHR) to arrive at 5 HR zone settings specific to you.

HR Zone setting	Corresponding watch setting	Description / benefit derived	Examples
Fat burning	50% - 60%	For beginners and those with health problems. Gets body used to exercise and improves health.	Brisk walking
	61% - 70%	Improves heart's ability to deliver oxygen. Calories burnt mostly from stored body fat.	Jogging, easy cycling.
Aerobic	71% - 80%	Increases endurance and muscle strength. Breathing is faster and deeper promoting proper circulation of oxygenated blood.	Running, aerobic dance, jumping rope.
Anaerobic	81% - 90%	Builds muscle and enhances speed, power and performance levels. Body requires more oxygen than it can provide.	Weight-lifting, resistance machine.
	91% - 100%	For athletes. Vigorous training, usually done in short bursts to enhance power and performance. May increase chance of injury and soreness.	Sprinting

*The upper and lower heart rate limits are calculated by multiplying your maximum heart rate (MHR) by the percentages.

It is important to pace yourself, especially if you haven't exercised for a while. Start off slow, aiming for the lowest range (50%-60%). As you become more comfortable, challenge yourself by increasing in speed and duration.

To benefit most from your work-out, determine your fitness goal and exercise at a proper intensity. The most common zone range is from 50% to 80% of your maximum heart rate. This is where you achieve cardiovascular benefits, burn fat and become more fit.

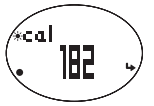
Remember, if you rush in too quickly and push your body too hard before it's ready, it can be counterproductive. You can hurt your muscles / tendons and may even result in injury and be a real step back from your goal.

IMPORTANT Always warm up before exercise and select the HR zone setting that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

WARNING Determining a suitable exercise intensity is a critical step in the process towards an efficient and safe training program. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

MEMORY

1. Touch **MODE/-** repeatedly to select "MEM". After 2 seconds, display will show the time and date of the most recent exercise session recorded or "NO RECORD" if there is no data.
2. Touch **+/ST/SP** to navigate to desired record.
3. Touch **ENTER** ↳ to toggle through the displays related to selected exercise session.

	Total time taken for entire exercise
	Maximum heart rate
	Average heart rate
	Total calories burnt (kcal)

To return to the screen which shows date and time of exercise session: touch **MODE/-.**

CLEAR RECORDS

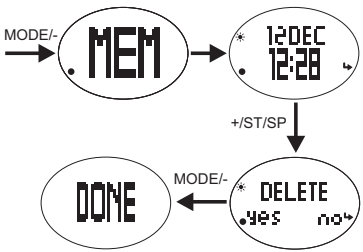
This watch can contain data for up to 99 exercise sessions. Individual memory cannot be selected and deleted. The

watch only allows for all data to be deleted.

To delete memory:

1. Touch **MODE/-** repeatedly to select “MEM”.
2. Touch **+/ST/SP** repeatedly until “DELETE” will be displayed.
3. Touch **MODE/-** to confirm.

DONE indicates the record has been cleared.



When starting an exercise and memory is full, “FULL” will be displayed, followed by “DELETE”.

- Touch **MODE/-** to delete all records

OR

- Touch **ENTER** ↳ to ignore and start an exercise without recording data for it.

OTHER OPERATIONS AND SETTINGS

ACTIVATE BACKLIGHT

Touch **EL**. (Touch **EL** again to extend backlight for another 5 seconds).

NOTE The backlight function will not operate if “🔒” is displayed.

BEEP TONE ON / OFF

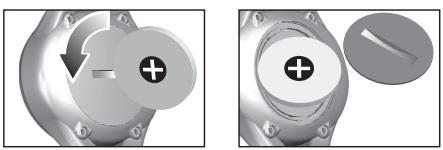
When time is displayed, touch **+/ST/SP** to activate / deactivate beep tone.

🔕 indicates beep tone is deactivated.

REPLACE BATTERY

If the battery power of your watch is low, the watch will display: 🔋.

To replace watch battery:



1. Use a coin to open the battery compartment lid by turning it anticlockwise.
2. Remove the old battery and insert a new CR2025, 3V lithium battery.
3. Secure the lid by turning the coin clockwise.

IMPORTANT Remember to set the profiles after every battery replacement or reset.

WATER RESISTANCE

The SE338 / SE338M is water-resistant up to 50 meters (164 feet)

	RAIN SPLA-SHES ETC	SHOWER-ING (WARM/ COOL WATER ONLY)	LIGHT SWIM-MING/ SHALLOW WATER	SHALLOW DIVING / SURFING/ WATER SPORTS	SNORKEL-ING/ DEEP WATER DIVING
50M / 164 FT	OK	OK	OK	OK	NO

- Ensure the battery compartment is secured and intact before exposing the watch to excessive water.

SPECIFICATIONS

CLOCK	
Time format	12/24 hour format with hour / minute
Date format	DD.MM.YY or MM.DD.YY
Year range	2010 - 2059
TRAINING	
Target heart rate zone	50-60%; 61-70%; 71-80%; 81-90%; 91-100%
Maximum memory	99 records
Calorie range	0 to 9,999 kcal
POWER	
Watch	1 x CR2025 3V lithium battery
OPERATING ENVIRONMENT	
Operating temperature	0˚C to 40˚C
Storage temperature	-20˚C to 60˚C

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Should the unit experience an electrostatic discharge, it may trigger the watch to change modes or displays. Simply touch **MODE/-** to exit or to toggle back to previous display. This is normal.
- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use luke warm water and mild soap to clean the watch thoroughly after each training session. Never use the products in hot water or store them when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.

- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:
https://us.oregonscientific.com/service/support.asp

For international inquiries, please visit:
https://us.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Touch^{ECG} Strapless Heart Rate Monitor (Model: SE338 / SE338M) is in compliance with EMC directive 2004/108/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.